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ABSTRACT

This document, a resource tool on child sexual abuse for parents, was prepared by the state of Oregon. An introductory section defines child sexual abuse and discusses methods of prevention of such abuse. The prevention practices described include the following: (1) teaching children that they have the right to control who touches their bodies; (2) knowing where children are at all times; (3) not placing a child's name on his clothing; (4) giving children passwords; and (5) teaching children to deal safely with strangers. Tips for selecting a preschool or child care center are discussed. Indications of how to spot sexual abuse and ways of dealing with known abuse are discussed. Public and private agencies dealing with child abuse are listed for each county in Oregon. (ABL)

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GOVERNOR VICTOR ATIYEH

THE PARENT'S HANDBOOK: UNDERSTANDING CHILD SEXUAL ASSAULT

CG 018965

U.S. DEPARTMENT OF EDUCATION
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June 1985

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PREFACE

In Oregon, there have been 9,756 victims of child sexual abuse since 1975, with 7,916 occurring between 1980 and 1984. About one-third of the victims are under the age of six years.

Child sexual abuse is not limited to low-income families or particular ethnic groups. Any child, from any family, can be a victim.

Child sexual abuse is not a new problem. It is only now being discussed openly because people have become more willing to talk about what happened to them and what is happening to their children. People also have become aware that many communities now have treatment programs for the problems that result from sexual abuse.

Child sexual abuse has never been an easy topic to discuss. It is an issue that has been hidden by secrecy and taboo. This book is designed to help you better understand child sexual abuse, and provide you with the names and telephone numbers of public and private agencies in each county that can provide help or information.

We want to make it easier for you to understand child sexual abuse, and to be better prepared to discuss it with your children.

GOVERNOR VICTOR ATIYEH

VERNE A. DUNCAN
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FOREWORD

Sexual abuse of children is a terrible reality in today's world. There is good news however, because we can help prevent our children from becoming victims. We can fight this crime, and the key is education.

We must know what abuse is, what its signs are, and how to prevent it. Knowing that, we must learn how to share this information with our children in a positive and reinforcing way. This handbook is one of many fine resources that will not only help make our children safe, but will help eradicate this terrible crime against us all.

Verne A. Duncan
State Superintendent
of Public Instruction

WHAT IS SEXUAL ABUSE OF A CHILD?

Sexual abuse is any sexual touching by force, trickery or bribery between two people where there is an imbalance in age, power or knowledge. Remember, most young children are naive, insecure and powerless. As a result, they tend to be easy targets for exploitation by unscrupulous persons who are older and may tempt or threaten them. Although some incidents of sexual abuse are committed by strangers, about 90% of assaults are committed by someone the child knows and trusts.

WHAT DO WE KNOW ABOUT CHILD SEXUAL ABUSE?

Child sexual abuse is a problem which is often well concealed. While we have more information available today than ever before, it is still quite difficult to gather statistics on this topic. We believe that all that we know represents only the tip of the iceberg.

There is no easy way to tell who is capable of sexually abusing children. Child molesters are from varied ethnic, economic and social backgrounds. Few child molesters commit other types of crimes. Child molesters can be any age and anyone from a community leader to a baby sitter or a relative. Women as well as men sexually abuse children. It is rare for sexual offenders to have victimized only one child.

As mentioned earlier, children are abused most often by someone they know and trust, but they can be taught to protect themselves. As a parent you have the key role in teaching your children how to protect themselves and encouraging them "to tell" if they are sexually abused.

HOW CAN I TALK TO MY CHILDREN ABOUT SEXUAL ABUSE WITHOUT SCARING THEM?

As a parent, you have already taught your child how to cross the street or what to do if he or she is lost or hurt. How to avoid sexual abuse can, and should be, a natural part of your discussion of safety.

When talking to your children about the possibility of a home fire, you rarely worry about giving them too much information. The same would be true if you lived in an area that was surrounded by water, you would want them to have as much information as possible to keep them safe.

HOW CAN I BEST PROTECT MY CHILDREN?

As a parent, there are things that you can do to help protect your child. Children view parents as all knowing and powerful, and they assume that parents are aware of all that goes on in their lives.

1. Tell your children that they have the right to control who touches their body.

2. Support your children's right to control who touches them.

   Don't force your children to be affectionate with anyone including family members(such as grandma and grandpa) unless they want to. You will then be increasing the chance that your child will be able to say NO to a sexual assault.

3. Let your children know that no one should touch their private parts(those covered by a swimming suit or underwear) without their permission.

4. Be an approachable parent. Be willing to answer questions like "Why does Aunt Lucy wear too much perfume?" or "Why does Uncle Joe always act so funny?"

   If children feel that these types of questions are not "okay", then any question concerning sexuality or sexual contact will not be considered "okay".

5. Know where your children are, and whom they are with at all times.

6. Do not permit your child to wear T-shirts with their names on or other identification that will make it easy for a stranger to become familiar with them. Telephone numbers and identification can be attached in a shoe if necessary.

7. Check out the references of baby sitters.

PROTECTING YOUR CHILD FROM
SEXUAL ABUSE BY A STRANGER

Although children are usually sexually abused by someone they know and trust, a small percentage of these acts are committed by strangers. The following are some suggestions for protection.

1. Give your child a password.

Tell your children that you will send no one to pick them up from school, a movie or anywhere else without the adult knowing the "password". This eliminates the child from having to decide whether a person is a stranger.

2. No name on clothing.

Do not allow your child to wear a T-shirt that has his or her name printed on it for all to see. It allows a stranger to easily approach your child and call him or her by a first name.
Identification and important information can be written or pasted in a child's shoe.

3. Who is with your children?

If you are hiring a babysitter for the first time, make sure you ask for references and please make sure you check those references carefully. In addition, if someone offers your son or daughter a job, find out who they are. Particularly, if it involves working in their home. Try and get to know as many of your children's friends as possible, especially those who are a few years older.

4. Teach your children to watch out for their own safety.

Teach your children these four important safety steps:

A. Do not accept money from strangers.
B. Never accept a ride or go anywhere with anyone unless they tell you first where they are going and with whom.
C. Do not accept favors from strangers; and
D. Walk away and find help if a stranger approaches you.

5. Teach your child how to use the telephone for local as well as long distance calls.

When teaching your children how to use a telephone, be sure to include the area code and instructions on how to dial the operator if they need help.

6. When a stranger approaches your child.

If someone who your child does not know approaches, tell your child to go immediately for help. Tell your child to run away and to scream for help if they think it is necessary. Encourage your child to tell you immediately if this happens. In about half the cases of abuse, the child did not tell anyone until a week later. Too often the child fears that parents will be angry or blame them for what happened.

TIPS ON SELECTING A PRESCHOOL OR CHILD CARE CENTER

Because of recent news stories that have uncovered both physical and sexual abuse of children attending preschools and/or child care centers, it is being recommended that parents find out as much as possible about these programs to be sure they are safe and have quality programs.

The following suggestions should help you to select a preschool or child care center:

1. Find out if the program is licensed and has a good reputation.

To do this, you should:

A. Check with the local Children's Services Division(CSD) office to see if any complaints have been filed against the facility, and if so,for what reasons; and/or

B. Talk with your local police department to see if complaints of abuse or assault have ever been filed against the school or center.

2. Find out as much information as possible about the staff at the school or center.

A. Ask for the names and telephone numbers of parents whose children have attended and are currently attending the particular school or center you are considering; or

B. Contact a number of the parents whose children are attending and have attended the school or center and ask for their personal assessment of the staff, as well as the programs offered.

C. Ask about the program and method of discipline.

3. Ask about the school or center's hiring practices.

A. Ask what procedures are used to hire and recruit staff.

B. Are references required?

C. Does the school check with the Children's Services Division or the police department to make sure that potential staff have not been accused or convicted of child sexual abuse or physical abuse?

4. Find out if parents are involved in the school or center's programs. Specifically, does the school or center encourage parent participation?

If not, find out why.

5. Make sure that parents have the right to drop in and visit at any time.

A. If a preschool or child care center refuses to grant you unlimited entry, you should ask why they have this policy. You should also be sure you want to place your child in a preschool or child care center that does not allow you unlimited access.

B. Plan to drop in and visit your child unexpectedly now and then.

C. Notice how the children behave and how the staff relates to them. Do you feel like you are in a zoo, or are there organized activities and a semblance of order?

6. Be sure the school or center tells you in advance if a trip is planned. You should never give the preschool or center your unlimited permission to take your child on field trips.

7. Do not give written permission to the school or center to release your child to anyone whom you have not written to them about. In addition, make sure that the preschool or center knows who will pick up your child each day.

THE "WHAT IF" AND SAYING "NO" GAME

You can play games with your children that will help them understand their right to control who touches their body and help them to say "NO"! This game is called "What If". The "What If" game poses possible situations to prepare children to choose appropriate responses. You can play this game while driving, at the dinner table, or while just talking with your child.

Example:

A. Parent: "What if your babysitter asked you to undress and play a game."?

Child: I'd say "No! I don't want to undress."

Parent: Good!

B. Parent: What if an adult wanted to touch your private parts(those covered by a swimming suit or underwear) without permission?

Child: Well, if he was bigger than me, I guess I'd let him.

Parent: Size does not matter. You don't have to let anybody touch your private parts. Do you think you could say "No! I don't want you to do that!"

Child: Yes, I guess so. "No! Don't do that!"

Parent: Good! But also remember to let me know if that happens.

Suggest a lot of "What If" situations. Ask your child to ask you "What If" questions. Sometimes you can learn some surprising information in this indirect way.

The "Saying No" game helps a child understand why and when it is important to say NO. The game lets you practice with your child. Take turns just pretending to ask for a favor and saying "NO" in different ways.

For example:

Parent: "Will you please water my plants?"

Child: "No, I am sorry but I will not be able to."

Parent: "May I borrow your lipstick?"

Child: "No, I don't think that's a good idea."

Parent: "Would you like some candy?"

Child: "No, thank you."

Of course, your child has to know that this is a game to learn to say "no", but won't work when it comes to household chores and other requests made by parents.

Also, it is important to learn how to phrase your requests. Never ask your child if he or she would like to do something if your child really does not have permission to say, "No" For example:

"Will you please pick up your toys?", implies that your child can refuse. "Please pick up your toys" does not give that latitude.

DO CHILDREN ALWAYS TELL THEIR PARENTS ABOUT SEXUAL ABUSE OR OVERTURES?

Unfortunately, most children are afraid to tell about being sexually abused. They are often confused, embarrassed, scared, even unwilling to get the offender in trouble--and may have been threatened not to tell. Even though your children may not tell, they will want the abuse to stop and may drop hints if they don't actually tell. As parents, you need to listen to what your children are saying and to ask for further clarification.

For example, your child might say, "I don't like Mr. Smith" or "Do I have to go visit grandpa?".

By inviting further conversations about your child's concerns, you are making it possible for your child to give you more information. You might say, "Tell me more about that. What don't you like about Mr. Smith or grandpa?"

SHOULD I BE ALERT TO CERTAIN CHANGES THAT CAN INDICATE SEXUAL ABUSE?

Often, children won't tell you what they are thinking, but they show you by changing their behavior. A behavior change will show up in a variety of ways. The following indicators do not necessarily mean that a child has been sexually abused; but, they do indicate the normal pattern of behavior has been upset.

1. The child does not want to be left alone.

2. The child is afraid to be left alone with a particular person.

3. The child does not want to go with or visit a specific individual.

4. The child has sudden problems sleeping, experiences nightmares or needs a nightlight.

5. The child has problems, such as an inability to concentrate in school or a sudden drop in school performance.

6. The child has a sudden loss or increase in appetite.

7. The child has many new fears, is overly compliant, and needs more reassurance than usual.

8. The child suddenly turns against one parent or shows a lack of trust in parents.

9. The child runs away from home.

10. The child becomes involved with drugs or alcohol.

11. The child talks about or attempts suicide.

12. The child becomes a loner or withdrawn.

13. The child has extreme mood changes, or is depressed.

14. The child is suddenly rebellious.

15. The young child has a sophisticated knowledge of sex, or hints about sexual activity.

16. The child exhibits persistent and inappropriate sex play with peers, toys or self.

WHAT SHOULD I DO IF MY CHILD TELLS ME THAT HE OR SHE HAS BEEN SEXUALLY ABUSED?

BELIEVE YOUR CHILD AND LET HIM OR HER KNOW IT WAS RIGHT TO TELL YOU.

YOU NEXT IMMEDIATE STEPS SHOULD BE:

1. Be concerned but don't get hysterical or lose control.

2. Do not press for details--let your child explain in his or her own words.

3. Immediately call the Children's Services Division(CSD) or your local police department.

4. You may want to take your child to the doctor.

At the time of disclosure, it is important for you to keep your own feelings under control. Your reaction will effect how easily your child will be able to give information to the police or CSD. Be sure to constantly reassure your child that it was right to tell you and that you are glad that you were told.

As soon as your child has been given help, be sure to get some information and support for yourself. Do not be afraid to call your religious leader or ask CSD for the name of a person or agency that can help. See the back of is book for resources in your county. DO NOT BE AFRAID TO ASK FOR HELP!

HOW CAN I HELP MY CHILD AFTER HE OR SHE HAS BEEN ABUSED?

1. It is important to continue to believe your child and not to blame him or her for what happened. Give constant reassurance and support to your child.

2. Instruct your child to tell you immediately if the offender tries to bother him or her again.

3. Respond to questions or feelings that your child expresses about the assault in a calm, matter-of-fact, way. But, do not pressure your child to continue to talk about the incident.

4. Follow your normal daily schedule around the house. Expect your child to do the same chores, go to bed at the usual time and adhere to the same house rules.

5. Respect your child's privacy--do not tell a lot of people about what happened. Try to take one day at a time.

6. You might find that other children in your family may be upset by the incident. Explain to them, in very simple terms, what happened and assure them that their brother or sister will be okay.

IF MY CHILD IS SEXUALLY ABUSED WILL THERE BE ANY AFTEREFFECTS?

A child who has been sexually abused by a stranger may continue to be frightened for some time. Children who are victims of intra-family sexual abuse frequently experience serious emotional trauma because of family disruption and loss. Specialized therapy is indicated for these children and their families.

COUNTY-BY-COUNTY INFORMATION

This section of the handbook provides you with public and private agencies that can help when your child has been sexually abused. However, it is important to remember that if you suspect or know that your child has been sexually abused, you should call either the Children's Services Division(CSD) in your area or the police department. It is extremely important that you do this.

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	BAKER	CSD	523-6423
		County Sheriff	523-6414/15
		State Police	523-5866 or 1-800-452-6515
For Other Information CALL		County Juvenile Department	523-6424 x 216
		Parents Anonymous	523-5903
To Report Child Sexual Assault CALL:	BENTON	CSD	757-4121
		County Sheriff	757-6858
		State Police	378-2110
For Other Information CALL:		County Juvenile Department	757-6810
		Center Against Rape and Domestic Violence	754-0110
To Report Child Sexual Assault CALL:	CLACKAMAS	CSD	653-3140
		County Sheriff	655-8218
		State Police	238-8440
For Other Information CALL:		County Juvenile Court	655-8342
		Tri-County Child Abuse Hotline (evenings and weekends)	238-7555
		Evergreen House	654-2288
		Parents Anonymous	238-8818

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	CLATSOP	CSD	325-4811
		County Sheriff	325-2061 or 325-8635
		State Police	325-2231
For Other Information CALL:		County Juvenile Court	325-8601
		County Mental Health	325-5722
		Clatsop County Women's Crisis Service	325-5735
To Report Child Sexual Assault CALL:	COLUMBIA	CSD	397-3292
		County Sheriff	397-2511
		State Police	238-8440
For Other Information CALL:		County Juvenile Court	397-0275
		Women's Resource Center	397-6161
		County Family Counseling	397-5211
		Columbia County Women's Resource Center	397-6161

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	COOS	CSD	269-5961
		County Sheriff	269-5177
		or South of Coquille Call	396-3121 or 396-2106
		State Police	269-5000
For Other Information CALL:		Helpline	269-5112
		Child Abuse Line	267-7117
		Women's Crisis Center	267-2020
		County Juvenile Department	396-3121 or 267-7009 (after 5pm)
		Coos County Women's Crisis Service	267-2020
To Report Child Sexual Assault CALL:	CROOK	CSD	447-6207
		County Sheriff	447-6398
		State Police	447-1341
For Other Information CALL:		County Juvenile Department	447-5161
		County Mental Health	447-7441

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	CURRY	CSD	247-6668
		State Police	247-7050 or 1-800-452-5869
		County Sheriff	
For Other Information CALL:		County Juvenile Department	247-3236 or 247-6072
		County Mental Health	247-4521
To Report Child Sexual Assault CALL:	DESCHUTES	CSD	388-6161
		County Sheriff	388-6666
		State Police	388-6300
For Other Information CALL:		County Juvenile Department	388-6671
		County Family Counseling	388-6601
		COBRA 24-hour Hotline	389-7021
		Central Oregon Battering and Rape Alliance	389-7021

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	DOUGLAS	CSD (Roseburg)	440-3373
		CSD (Reedsport)	271-4851
		County Sheriff	440-4471
		State Police	440-3333
For Other Information CALL:		County Juvenile Department	440-4409
		County Mental Health	440-3625
		Battered Persons' Advocacy Project	673-6641
To Report Child Sexual Assault CALL:	GILLIAM	CSD (Condon)	384-4252
		CSD (Boardman)	481-9482
		County Sheriff	384-2851
		State Police	454-2750 or 1-800-452-8573
For Other Information CALL:		Tri-County Mental Health Program (Condon)	384-2666

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	GRANT	CSD	575-0728 or 575-2255
		County Sheriff	575-1131
		State Police	575-0471 or 1-800-452-6516
For Other Information CALL:		County Juvenile Department	575-1722
		Society Against Rape, Battery and Abuse	575-2500
		Center for Human Development	575-1466
To Report Child Sexual Assault CALL:	HARNEY	CSD	573-2086
		County Sheriff	573-6156
		State Police	573-2188
For Other Information CALL:		County Juvenile Department	573-2439
		Harney Helping Organization for Personal Emergency	573-7176
		Harney Counseling and Guidance	573-2028

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	HOOD RIVER	CSD	386-2962
		County Sheriff	386-2711
		State Police	386-4466 or 1-800-452-8573
For Other Information CALL:		Helping Hands Against Violence	386-6603
		Mid-Columbia Center for Living	296-5452
To Report Child Sexual Assault CALL:	JACKSON	CSD	776-6120
		County Sheriff	776-7132 or 776-7128
		State Police	776-6111 or 1-800-452-3022
For Other Information CALL:		County Juvenile Court	776-7581
		Child Abuse Hotline	776-7581
		County Community Human Service	779-HELP
		Dunn House	779-4357

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	JEFFERSON	CSD	475-2292
		County Sheriff	475-2201
		State Police	447-1341
For Other Information CALL:		County Juvenile Department	475-3463
		County Mental Health	475-3893
To Report Child Sexual Assault CALL:	JOSEPHINE	CSD	474-8883
		County Sheriff	
		(Grants Pass)	474-5123
		(Cave Junction)	474-5493
		State Police	1-800-452-1113
For Other Information CALL:		Child Abuse Hotline (after 5 p.m.)	476-8883
		County Juvenile Department	474-5186
		County Mental Health	474-5401
		Illinois Valley HELP! Center	592-HELP
		Women's Crisis Support Team (Ask for Support Team)	479-HELP

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault Call:	KLAMATH	CSD	883-5570
		County Sheriff	883-7111 or 882-2501
		State Police	883-5711 or 1-800-452-3511
For Other Information CALL:		Women's Crisis Center Hotline	884-0390
		County Mental Health	882-7291
		Parents Anonymous	884-0636
		Women's Crisis Center of Klamath Co.	1-800-452-3669
To Report Child Sexual Assault CALL:	LAKE	CSD (Lakeview)	947-2273
		CSD (Klamath Falls)	883-5570
		County Sheriff	947-7504 or 947-3308
		State Police	947-2267 or 1-800-452-3669
For Other Information CALL:		County Juvenile Department	947-2395
		Women's Crisis Center	884-0390
		County Mental Health	947-4031
		Lake County Crisis Center	947-2449

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	LANE	CSD (East County)	686-7642
		CSD (West County)	686-7557
		County Sheriff	687-4141
		State Police	
		(Eugene)	686-7521
		(Florence)	997-2211
For Other Information CALL:		Child Abuse Hotline (evenings & weekends)	689-1243
		Crisis Services	687-3508 or 687-4000
		Springfield Child Abuse Resources	746-3376
		Womenspace	485-6513
		Family Shelter Home	689-7156
		Rape Crisis Network	485-6700
To Report Child Sexual Assault CALL:	LINCOLN	CSD	265-8557 or 911 (after 5 p.m.)
		County Sheriff	
		State Police	378-2110
For Other Information CALL:		County Mental Health	265-6111 or 911 (after 5 p.m.)
		Lincoln Shelter and Services	994-5959

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	LINN	CSD	967-2100 or 758-3000 (after 5p.m.)
		County Sheriff	967-3911
		State Police	
		(Albany)	967-2021
		(Sweet Home)	367-4615
For Other Information CALL:		County Mental Health	367-3888
To Report Child Sexual Assault CALL:	MALHEUR	CSD	889-9194
		County Sheriff	473-3125
		State Police	889-6468 or 1-800-452-2131
For Other Information CALL:		County Juvenile Department	473-3101
		County Mental Health	889-9167
		Domestic Violence Eliminated	889-2000

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	MARION	CSD (Salem)	378-6242
		CSD (Woodburn)	981-3071
		County Sheriff	588-5032
		State Police	378-2751 or 1-800-452-0315
For Other Information CALL:		County Juvenile Department	588-5411
		County Mental Health	588-5357
		Mid-Valley Women's Crisis Services	399-7722
		Parents Anonymous	585-7317
To Report Child Sexual Assault CALL:	MORROW	CSD	481-9482
		County Sheriff	676-9910
		State Police	523-5866
For Other Information CALL:		County Juvenile Department	676-9061
		Tri-County Mental Health Assistance	676-9161

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	MULTNOMAH	CSD	238-7555
		County Sheriff	760-6911
		State Police	238-8440
For Other Information CALL:		Tri-County Child Abuse Hotline	238-7555
		County Mental Health	248-3691
		Morrison Center for Youth and Family	667-2626
		Metro Crisis Line	226-3099
		Portland Women's Crisis Line	235-5333
		Community Advocates for Safety and Self-Reliance	238-1977
		Bradley-Angle House	281-2442
		Transition House	232-7805
		West Women's Hotel	224-7718
		YWCA Women's Resource Center	223-6281 x 232
To Report Child Sexual Assault CALL:	POLK	CSD	623-8118
		County Sheriff	370-2518
		State Police	378-2110
For Other Information CALL:		County Mental Health	370-2519

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	SHERMAN	CSD	298-5136
		County Sheriff	565-3622
		State Police	296-2161 or 1-800-452-8573
For Other Information CALL:		Mid-Columbia Center for Living	296-5452
To Report Child Sexual Assault CALL:	TILLAMOOK	CSD	842-5571
		County Sheriff	842-2561
		State Police	842-4433 or 1-800-452-6611
For Other Information CALL:		Women's Crisis Center	842-9486
		Tillamook Counseling Inc.	842-8201
		Tillamook Crisis and Resource Center	842-9486

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	UMATILLA	CSD	276-9220
		County Sheriff	
		(Pendleton)	276-7111
		(Hermiston)	911
		(Milton-Freewater)	911
		State Police	523-5866
For Other Information CALL:		County Juvenile Department	276-8066
		County Mental Health	276-3784
		Awakening House	278-0241
To Report Child Sexual Assault CALL:	UNION	CSD	963-8571
		County Sheriff	963-1017
		State Police	963-7174 or 1-800-452-8634
For Other Information CALL:		County Juvenile Department	963-1012
		County Mental Health	963-1013
		Parents Anonymous	963-9261
		Union County Task Force on Domestic Violence	963-9261

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	WALLOWA	CSD	426-4558
		County Sheriff	426-3131
		State Police	426-3036 or 1-800-452-8634
For Other Information CALL:		County Juvenile Department	426-4084
		County Mental Health	426-4524 or 426-3111 (24 hour)
To Report Child Sexual Assault CALL:	WASCO	CSD	298-5136
		County Sheriff	296-5454
		State Police	296-2166 or 1-800-452-8573
For Other Information CALL:		County Juvenile Department	296-4657
		Mid-Columbia Center for Living	296-5452
		Haven from Domestic Violence	298-4789

	COUNTY	AGENCY	TELEPHONE
To Report Child Sexual Assault CALL:	WASHINGTON	CSD	648-8951
		County Sheriff	648-8743
		State Police	238-8440
For Other Information CALL:		County Juvenile Department	648-8475
		Tri-County Child Abuse Hotline	238-7555
		Parents Anonymous	238-8818
To Report Child Sexual Assault CALL:	WHEELER	CSD (Boardman)	481-9482
		CSD (Condon)	384-4752
		County Sheriff	763-4101
		State Police	763-2746
To Report Child Sexual Assault CALL:	YAMHILL	CSD	472-4634
		County Sheriff	472-9371 x 404
		State Police	238-8440
For Other Information CALL:		Juvenile Department	472-9371
		County Mental Health	472-9371 x 57
		Henderson House	472-1503

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JEFFREY R. LEWIS
ASSISTANT TO THE GOVERNOR
CITIZENS' REPRESENTATIVE

MORE HELP

Other practical information and recommendations can be found by ordering the following:

No More Secrets (Protecting your child from sexual assault). Caren Adams and Jennifer Jay, published by Impact Publishers, P. O. Box 1094, San Luis Obispo, CA 93406.

He Told Me Not To Tell (A parent's guide for talking to your child about sexual assault). Send $1.50 to King County Rape Relief, 305 So. 43rd Street, Renton, WA 98055.

Red Flag and Green Flag People - Joy Williams (A coloring book for children kindergarten to grade 4). Send $4.00 to Rape and Abuse Crisis Center, P. O. Box 1655, Fargo, ND 58107.

What Do I Do When...? (A handbook for parents and other beleagured adults) - Juliet V. Allen. Published by Impact Publishers, P. O. Box 1094, San Luis Obispo, CA 93406. Cost $6.95

No Is Not Enough (Helping teenagers avoid sexual assault) - Caren Adams, Jennifer Fay and Jan Lorsen-Martin. Strategies to avoid victimization, acquaintance rape, exploitation by adults, touching, influence of media, peer pressure. Impact Publishers, P. O. Box 1094, San Luis Obispo, CA 93406. $6.95.

A Very Touching Book (Teaches children of all ages to recognize appropriate and inappropriate touching) - Jan Hindman. McClure-Hindman Books, P. O. Box 208, Durkee, OR 97905 $9.95 + .75¢ postage.

Once I Was A Little Bit Frightened (For children in kindergarten through fifth grade) - Joy Williams. Intended to help parents, teachers and professionals elicit information from children about possible sexual abuse. Rape Abuse Crisis Center, P. O. Box 1655, Fargo, ND 58107

Something Happened To Me - Phyllis E. Sweet. Gives young children permission to talk about their experiences as victims of child abuse. Ed-U Press, Fayetteville, NY 1981

Spider Man and Power Pack (A comic book aimed at children 5-12). Tells children how to protect themselves from sexual abuse. National Committee for Prevention of Child Abuse, 332 South Michigan Avenue, Suite 1250, Chicago, IL 60604-4357.

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